

SYNTHETIC/INDUSTRIALIZED CHEMICALS IN COMMERCIALY PROCESSED BREAD

Source: The “Food Additives to Avoid Listing [FATAL]” in The Food Hacker’s Handbook: A Guide to Breaking the Processed Foods and Additives Addiction

Available at: Chemical-Free-Life.org

Synthetic/ Industrialized Chemical	Where Found	Red Flag
Acrylamide	This naturally occurring and industrialized food chemical makes an appearance in a wide range of processed foods found in grocery stores, fast food and traditional restaurants, and includes potatoes (esp. French fries and chips), cereals, coffee, crackers, breads, baked goods, dried fruits, snack foods, deep fried foods, and many more.	Scientific animal studies have found this chemical to be carcinogenic to animals. As there is a possibility that this chemical can also trigger cancer in humans in November, 2013 the FDA warned the public to limit the amount of foods consumed containing acrylamide (Consumer Update).
Ammonium sulfate	This ammonium salt food additive is commonly used in commercial manufacturing to nourish yeast, condition dough, and turn bread brown. Common in processed bread and bakery products found in grocery stores and restaurants. May also be present in vaccines.	Those sensitive to this food additive may experience gastrointestinal disturbances.

<p>Azodicarbonamide</p>	<p>Bleaching agent commonly found in commercial flour, bread, processed bakery goods, pastries, pie crusts, pasta, crackers, and beer.</p>	<p>Azodicarbonamide was found to induce asthma and skin sensitization in occupational settings according to a report released by the World Health Organization, but studies on ingestion of this chemical as a food additive are lacking. Additionally, evidence of ethyl carbamate formation (a Group 2B carcinogen according to the International Agency on Cancer (IARC)) occurs in consumer food products (such as bread and beer) following the addition of azodicarbonamide, but again, studies on the health effects are lacking. This additive has been banned in some countries.</p>
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<p>Bleaching Agents See "Azodicarbonamide"</p>	<p>Bleaching agents are commonly found in commercial flour, bread, pastries, pie crusts, pasta, crackers, almonds.</p>	<p><i>See "Azodicarbonamide"</i></p>
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Brewer's Yeast ◇

Found in commercially processed fermented foods such as soy sauce, some beers and cereals, and bread products (also used as nutritional supplement).

In some people Brewer's yeast causes symptoms such as headaches, stomach aches, and intestinal gas. Can cause allergic reactions such as itching, swelling, and other skin abnormalities, as well as breathing difficulties. As Brewer's yeast can cause life-threatening situations for people taking antidepressants Monoamine Oxidase Inhibitors (MAOIs), or Meperidine (Demerol) for pain, or certain medications for diabetes, users should consult their healthcare providers before consuming foods containing this additive. People with Crohn's disease may be advised to avoid processed foods containing this additive.

**Bromine*/
Bromate*/
Bromide* :**

Potassium Bromate;

**Brominated
Vegetable Oil (BVO)**

—————
**Bromine is a base element
that bromide and bromate
can be formed from.*

Bromine is a preservative used in certain processed foods to prevent them from going stale and to extend their shelf life.

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Potassium Bromate is derived from bromine and is most commonly present in commercial breads, bread products (including fast food breads and buns), and processed baked goods.

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Brominated Vegetable Oil (BVO) contains bromine and is used in certain processed food items to maintain consistency and prevent separation. It is commonly found in processed citrus- and fruit-flavored drinks including juices, health drinks, sports drinks and soda.

May cause nausea or diarrhea in some people. Other adverse reactions may include headaches, confusion, swelling, skin problems, fatigue, memory loss, ulcers, loss of muscle coordination. Excessive intake may lead to neurological or reproductive problems in some cases. Bromates have been linked in animal studies with the development of cancerous tumors. Potassium Bromate, for example, is a known toxin and carcinogen (linked with thyroid and kidney cancers in animal studies). Note: This additive competes with iodine in the body and may be a concern for people with iodine deficiencies/hypothyroidism. Brominated Vegetable Oil (BVO) contains bromine (a substance also used as a flame retardant) which can build up in fatty tissues. Animal studies have linked bromine to the development of heart lesions. Bromine has also been linked with neurological impairment, reduced fertility, changes in thyroid hormones, and early onset puberty. Recent studies have linked excessive use of BVO to skin lesions, nerve disorders, depression, irritability, confusion, cognitive problems, slurred speech, and memory loss.

Calcium Phosphate

(Calcium Acid Phosphate)

Food additive used for leavening and preserving texture in processed foods. Calcium Phosphate is just one of numerous phosphate-based industrialized food additives (*that include Potassium Phosphate and Sodium Phosphate*) commonly used as preservatives, emulsifiers, and acidifying and buffering agents in processed foods found in grocery stores, fast food and conventional restaurants. Not to be confused with naturally-occurring phosphates, this industrialized additive is used in hundreds of processed food items including processed frozen dough products (frozen pizza, bakery items, biscuits), cake mixes, pancake mixes, breads, biscuit mixes, packaged bakery items, pizza dough, processed meats, lunchmeats, ham, and canned tuna. It is also used in cheese products and to preserve texture in frozen and canned vegetables and canned fruits.

(Also used as a nutrient supplement and as an abrasive in toothpaste.)

Allergic reactions to this additive are possible in some sensitive individuals and can include difficulty breathing, skin reactions such as hives, swelling of face, eyelids, lips, throat or tongue, constipation, decreased appetite, dry mouth, increased urination. People with a history of kidney stones, osteoporosis, certain glandular problems, or taking certain medications may be advised to minimize intake of processed foods containing this additive. This additive is phosphate-based. Unlike naturally occurring phosphates which are not absorbed fully by the body, industrialized inorganic phosphate food additives such as potassium, calcium and sodium phosphate are effectively absorbed and can measurably elevate the serum phosphate concentration. High serum phosphate concentrations (hyperphosphatemia) has been linked to complications and increased incidence of death in those individuals with advanced chronic kidney disease (CKD) and is an independent predictor of cardiovascular events. Further, research indicates that phosphate food additives are linked with vascular damage (e.g. endothelial dysfunction and

Calcium Phosphate
(Continued)

vascular calcification) and in animal studies has been shown to accelerate the aging process and age-related organ complications.

Individuals with renal disease or cardiovascular disease (or those with health conditions placing kidney or cardiovascular health at risk such as those with diabetes) may be advised to limit or avoid processed foods and restaurant foods containing this food additive.

High dietary consumption of industrialized phosphates (common additives in processed foods) has been linked with certain cancers. Additionally, it has recently been determined that phosphate additives in food may harm the health of persons with normal renal function; large scale epidemiological study results suggest that phosphate additives are potentially dangerous even for healthy members of the general public. Scientific researchers have argued that the public should be informed that phosphate food additives are damaging to health and that processed foods containing these additives should carry warning labels.

Calcium Propionate◇

(Salts and esters of Propionic Acid)

The industrialized version of this food additive is commonly used as a preservative and can be found in processed meats, poultry and sausages, canned fish and shellfish, breakfast cereals, noodles/pasta, dairy products, yogurt, puddings, desserts, processed cheeses and cheese spreads, packaged baked goods, bread products, pizza dough, biscuits, beer, malt and some alcoholic beverages, diet/low-calorie foods and drinks, sports drinks, mustard and other vinegar-based condiments, sauces, some processed vegetables and vegetable dishes, soups, almond butter and other nut-based butters, and packaged/processed salads (incl. potato salad/macaroni salad), etc.

This additive may cause adverse reactions for people with gastritis, ulcers and other gastrointestinal problems. Additionally, commonly used bread preservatives (for which Calcium Propionate is one) are suspected of creating possible complications for individuals with bladder conditions such as interstitial cystitis ("painful bladder syndrome"), sensitive bladders, or who suffer from frequent bladder infections or irregularities. Other adverse reactions may include skin reactions, swelling, edema and subsequent weight gain, nasal congestion, headaches and migraines, insomnia/sleep disturbances, digestive problems (incl. diarrhea/IBS), irritability, agitation, difficulty concentrating, and restlessness, esp. among children, those who experience adverse reactions to fermented products and processed food items, and those individuals with other sensitivities to food additives.
See: "Propionic Acid"

Cellulose Gum

(Carboxymethylcellulose, CMC)

This stabilizing, emulsifying and thickening additive is commonly found in a variety of processed foods including bakery goods, bread products, frosting, yogurt, ice cream, jellies, sauces, dips, beer, and snacks.

In large concentrations may have a laxative effect or lead to intestinal problems including bloating, constipation and diarrhea.

DATEM

(Diacetyl tartaric and fatty acid esters of mono and diglycerides)

This food additive is used as an emulsifier, preservative, dough conditioner and dispersant in processed foods and is commonly found in baked goods such as breads, biscuits, muffins, bagels, as well as artificial nondairy creamers, butter, ice cream, salsa, salad dressings, syrup and spices.

This additive may be derived from genetically modified sources such as soy or canola. Additionally, diacetyl derivatives may contain sulfites (as adduct) which may be unlisted and can be problematic for those individuals with sulfite sensitivities such as people with asthma. *(See: Diacetyl)*

<p>Diglycerides / Monoglycerides</p>	<p>These industrialized additives are widely used as texturizers and emulsifiers in processed foods, esp. those containing fats. Common in whipped toppings, ice cream, bakery products incl. cookies, donuts, cake mixes, tortillas, crackers, muffins, breads and bagels, margarine, salad dressings, desserts, chocolate syrup, candy, instant potatoes, peanut butter, some cooking oils, and chewing gum, to name a few.</p>	<p>Depending on the industrialization process used, the creation of diglycerides and monoglycerides from triglycerides containing oil may involve soybean oil, canola oil, corn oil, cod-liver oil, sardine oil, herring oil, beef tallow, mutton tallow, milk fat, animal fats, among others. Those people with allergic reactions such as to soy and/or fish, those wishing to avoid GMOs (common in non-organic soybean oil, canola oil, corn oil), as well</p>
		<p>as those who are avoiding animal products may want to carefully research the source oils and carrier ingredients (incidental additives) present in processed foods containing these additives.</p> <p>Note: High levels of potentially carcinogenic glycidol fatty acid esters have been uncovered in certain diglyceride-enriched cooking oils and food products.</p>

<p>Gluten ◇</p>	<p>Protein found in wheat, rye, and barley—sensitivities may be complicated by the fact that many gluten-rich products also contain any number of food additives and/or are also bromated (See “<i>Bromine/ Bromate/ Bromide</i>”). Foods containing gluten include breads, cakes, pastries, cereals, cookies, crackers, sauces, pasta, beer, imitation meat, soups, & salad dressings, to name a few.</p>	<p>Reported adverse symptoms of those with gluten sensitivities include digestive problems (incl. bloating, gas, diarrhea, constipation), hormonal imbalances, weight loss, autoimmune disease, dizziness, difficulty concentrating, confusion/brain fog, tiredness, depression, irritation/anxiety, joint inflammation, and migraine headaches.</p>
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<p>Lactic Acid</p>	<p>The synthetic/ industrialized version of this naturally occurring compound (formed during the fermentation process) is used as a flavoring agent, acid regulator, and food preservative and is common in a variety of processed foods such as breads, meat, poultry, fish, beer, wine, fruit-flavored drinks, olives/pickled vegetables, cheese-based foods, frozen desserts, candies, jellies, bakery products, salad dressings, sauces, dips, some infant formulas, and fruit-flavored chewing gum.</p>	<p>May cause digestion or other health problems for some babies and young children. Pregnant and nursing mothers may be advised to avoid or limit foods containing this additive.</p>
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Malt Extract:

See
"MSG/Monosodium
Glutamate"

Present in a wide variety of processed foods including cereals, waffles, pancakes, granola, bagels, pretzels, crackers, cookies, ice cream, powdered milk, yogurt, soy milk, vinegar, breads, baked goods, candies, foods containing chocolate or chocolate, hazelnut, or mocha flavoring, nutrition drinks and shakes, baby food, and pet food.

See "MSG/Monosodium
Glutamate"

Hidden source of MSG. This additive often contains or produces processed free glutamic acid and tends to stimulate glutamate in the body in a process similar to MSG.

See "MSG/Monosodium
Glutamate"

Sensitive individuals may experience allergic reactions to this additive including skin reactions such as swelling, itching, or rash, difficulty swallowing/swelling of throat/esophagus blockage, swelling, weight gain, difficulty concentrating/brain fog, headaches, joint pain, mood disturbances, or intestinal problems.

As this additive contains gluten (usu. barley-based) those individuals with autoimmune problems such as Celiac Disease or those who are gluten intolerant may be advised to avoid processed foods containing this additive.

Partially Hydrogenated Vegetable Oil:

See “MSG/Monosodium Glutamate”

Also known as “trans fat” (trans-fatty acids), this additive is used to preserve unsaturated fats in processed food items. This additive can also enhance the texture and flavor of processed foods (incl. fast food and traditional restaurant food) and can be found in grocery stores in margarine and shortening, whipped topping, pancake and cornbread mixes, toaster pastries, frozen waffles and pancakes, packaged frosting, commercial baked goods such as cookies, doughnuts, pies, muffins, biscuits, pies and cakes, as well as instant mash potatoes, crackers, peanut butter, frozen entrees/meals, frozen meats and fish (incl. breaded fish sticks), deep fried foods such as fried chicken and French fries, microwave popcorn, instant cocoa mixes, and instant coffees. This additive may also be present in frozen snack foods, potato chips, frozen tacos and pizza, breakfast cereals, pasta, breads, noodle soup cups, seasoning mixes, sauces, and imitation cheese.

This food additive is linked with increased low density lipoprotein (LDL) (and decreased high-density lipoprotein or HDL) cholesterol levels and an increased risk for systemic inflammation, weight gain/obesity, coronary heart disease, heart attacks and strokes.

Hidden source of MSG. This additive often contains or produces processed free glutamic acid and tends to stimulate glutamate in the body in a process similar to MSG.

Note: As the oil used to produce this additive may come from soybean, partially hydrogenated vegetable oil may be a GMO source.

Pesticides

High synthetic pesticide residue levels are most commonly found in non-organic produce (specific fruits/vegetables testing for high pesticide residue can vary from year to year—see the Environmental Working Group's [annual list](#) for current data), meats, poultry, and dairy products (via animal feed).

Non-organic olive oils, flour, breads, pre-packaged salads, and rice have also tested high for pesticide residue.

An estimated 888 million pounds of pesticides are applied in the U.S. each year.

Pesticides have been linked in scientific studies with cancers, neurotoxin effects (incl. impaired brain development and lowered IQ), endocrine, metabolic, and reproductive disorders, obesity, birth defects, and learning and behavioral disorders in child

Propionic Acid ◇

*(Ethyl Formic Acid;
Propanoic Acid; Methyl
Acetic Acid;
Ethanecarboxylic Acid)*

*(See: Calcium Propionate,
Sodium Propionate)*

This carboxylic acid (occurring naturally in dairy products) is an EPA registered pesticide commonly used as a fungicide and bactericide in stored grains, hay, poultry litter, and drinking water for livestock and poultry, and as a preservative and flavoring agent in a variety of processed foods such as breads and bread products, tortillas, yeast-based products, batters, baked goods, flavored milk and dairy products, creams, yogurts, puddings, cheese products *(See: Calcium Propionate, Sodium Propionate)* processed meats, meat, and poultry.

This additive may cause adverse reactions for people with gastritis, ulcers and other gastrointestinal problems and for those individuals with propionic acidemia (a metabolic disease) who are unable to metabolize this acid due to an enzyme deficiency. Note: In scientific animal studies rats developed precancerous changes in their stomachs when Propionic Acid was ingested in large amounts. Commonly used bread preservatives (for which Propionic Acid is one) are suspected of creating possible complications for individuals with bladder conditions such as interstitial cystitis ("painful bladder syndrome"), sensitive bladders, or who suffer from frequent bladder infections or irregularities. Of note, this additive is suspected of possibly playing a role in complications related to childhood behavioral and learning problems. And finally, for those individuals with sensitivities to food additives adverse reactions to Propionic Acid may include sinus problems/nasal congestion, adverse skin reactions (incl.

eczema, rash), recurring infections (incl. ear infections), migraines/headaches, difficulty concentrating/brain fog, depression, moodiness,

<p>Propionic Acid</p> <p><i>(Continued)</i></p>		<p>anxiousness, tiredness, tachycardia/fast heartbeat, arrhythmia/ irregular heartbeat, and digestive problems (incl. diarrhea/IBS).</p>
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<p>Sodium Acid Pyrophosphate</p> <p><i>Disodium Dihydrogen Diphosphate; Disodium Pyrophosphate</i></p>	<p>Food additive used for leavening in processed baked goods and to shorten the fermentation time in cakes, pies, pizza breads and crackers, for preserving fats in processed foods, for cleaning dairy products, as a preservative in seafood canning, in potato treatment processes to prevent browning in potato-based processed foods (including frozen hash browns) and as a chemical-dip to prevent browning in some fast food and traditional restaurant processed French fries, and as a buffering and acidifying agent in a variety of other foodstuffs. Can also be found in noodles, refrigerated dough/dough-based foods, batter, baking powder, packaged cake, waffles and pancake mixes, processed, cured meats, cheeses, puddings, sugar-based syrups and chewing gum.</p> <p>(Note: May also be present in personal care products such as toothpaste.)</p>	<p>May cause digestive problems in some people. Sodium Acid Pyrophosphate is one of many sodium-based additives present in processed food items. The high sodium levels created by this additive combined with the presence of an industrialized inorganic phosphate creates a scenario whereby individuals with renal disease or cardiovascular disease (or those with health conditions placing kidney or cardiovascular health at risk such as those with diabetes), those suffering from edema, or who are pregnant, may be advised to limit or avoid processed grocery foods and restaurant foods containing this food additive. Unlike naturally occurring phosphates which are not absorbed fully by the body, industrialized inorganic phosphate food additives are effectively absorbed and can measurably elevate the serum phosphate concentration. High serum phosphate concentrations (hyperphosphatemia) has been linked to complications and increased incidence of death in those individuals with advanced chronic kidney disease (CKD) and is an independent predictor of cardiovascular events.</p>
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Sodium Propionate



(Salts and esters of Propionic Acid)

Preservative commonly used in processed foods such as flavored, condensed and powdered milks and dairy products (incl. desserts and spreads), creams, nondairy creamers, yogurts, puddings, sherbets, sorbets, cheese products, breakfast cereals, prepared/pre-cooked pasta and noodles, rice products (incl. rice cakes), processed fruit, processed/dried/frozen/cooked/fried/canned vegetables, soybean-based products (including condiments), processed meat and poultry, canned/preserved/processed fish, candies/confectionary, starch-based, egg-based, and fat-based desserts, artificial sweeteners, seasonings, condiments, vinegar-based foods, yeast-based products, bread products, baked goods, broths, sauces, soups, prepared salads (incl. potato salad, macaroni salad), diet foods and drinks, beer, ciders, wine, malt and alcoholic beverages.

This additive may cause adverse reactions for people with gastritis, ulcers and other gastrointestinal problems. Additionally, commonly used bread preservatives (for which Sodium Propionate is one) are suspected of creating possible complications for individuals with bladder conditions such as interstitial cystitis ("painful bladder syndrome"), sensitive bladders, or who suffer from frequent bladder infections or irregularities.

For those people who experience adverse reactions to fermented products, and for those individuals with other sensitivities to food additives additional adverse reactions may include swelling, edema and subsequent weight gain, sinus problems/nasal congestion, headaches and migraines, insomnia/sleep disturbances, and digestive problems (incl. diarrhea/IBS).

See: "Propionic Acid"

Soy Lecithin

The industrialized food additive “lecithin” is most commonly derived from soy.

Soy lecithin is one of the most commonly used ingredients in processed foods in the U.S. and can be found in a wide variety of packaged/processed foods and infant formulas on your grocer’s shelves.

It acts as an emulsifier and stabilizer, facilitating processed/packaged foods to keep their texture and solidity and keeping ingredients from becoming sticky or from separating. It can be found in everything from salad dressings, gravies, desserts, peanut butter, breakfast and snack bars, breads, baked goods, candies, chocolates, cheeses/cheese products, to mayonnaise, spreads, nonstick cooking sprays and flavored teas.

Byproduct of soybean oil and is extracted from (most often genetically-modified) soybeans (either mechanically or chemically) using solvents such as hexane.

While many people who are allergic to soy can tolerate soy lecithin, highly sensitive individuals may experience swelling (incl. to hands, feet, eyes, tongue or throat), weight gain, cognitive disturbances such as difficulty concentrating, mouth sores, difficulty swallowing, increased thirst, or difficulty breathing. May cause digestive problems for some people including bloating, abdominal pain, nausea, or diarrhea.

Soy lecithin can affect endocrine balance and scientific studies have linked this compound with reproductive abnormalities, sexual dysfunction, as well as with a possible increased risk for breast cancer. More studies are needed.

Sulfites ◇

*See: Potassium Bisulfite,
Potassium Metabisulfite,
Potassium Sulfite,
Sodium Bisulfite,
Sodium Metabisulfite,
Sodium Sulfite,
Sulfur Dioxide*

Sulfites are commonly used as a preservative against spoilage and color changes, and as a bleaching agent and dough conditioner, and may be present at varying levels in a variety of processed foods including dried/dehydrated fruits (such as raisins and apricots), dehydrated/dried and pickled vegetables, prepared toppings, dips (incl. processed avocado/guacamole), gravies and sauces, condiments, olives, pepperocinis, pickles, (incl. relish/pickled peppers/horseradish, etc.), salad dressings and mixes, processed cheese mixtures and pastes, soy sauce, tomato paste and pureé, molasses, maple syrup, brown sugar, tea, wine, beer, sparkling grape juice, wine vinegar, malt vinegar, fruit juices, soft drinks, cocktail mixes, cider/cider vinegar, canned vegetables and fruit (incl. potatoes, mushrooms, tomatoes, hominy grits), fruit pie filling, canned sauerkraut, corn starch (and processed foods containing corn starch such as muffin mixes), cornmeal, corn syrup (and processed foods containing corn syrup), baked goods (including pastries, cookies and crackers), frosting, dessert

Reactions to this additive can range from mild to severe and even life threatening, esp. for those people with sulfite allergies or asthma (may provoke life-threatening asthmatic complications), bronchitis, or other respiratory illnesses, as well as for those individuals with certain medical conditions (such as liver enzyme deficiencies) or sensitivities to food chemicals. Symptoms may include asthmatic reactions/lung irritation/difficulty breathing, swelling of face, throat, tongue, difficulty swallowing, excessive thirst, edema (and subsequent weight gain) /swelling of hands, feet, legs, vision problems, headaches, elevated blood pressure, skin reactions such as urticaria/rash/hives, insomnia, nervousness, anxiousness, difficulty concentrating, anaphylaxis.

Note: Since 1986 the FDA has required that foods containing more than 10 parts per million (ppm) concentration of sulfites be declared on U.S. food labels. However, individuals who are highly sensitive to sulfites may experience adverse reactions to foods containing even low levels of sulfites. As lower levels of sulfites are not required to appear on U.S. food labels individuals with the potential for severe reactions to sulfites may be advised to

	<p>toppings, breading mixes, dried noodle and rice mixes, cereals, frozen pizza, frozen pizza dough/pie dough/cookie dough, high fructose corn syrup (and processed foods containing HFCS), trail mix, jams/jellies, bottled lemon juice/lime juice, vinegars and vinegar-based sauces and salad dressings, maraschino cherries, fresh and frozen shrimp, canned tuna, canned and dried seafood, canned clams/clam chowder, sausages/processed meats, foods containing pectin, beet sugars, or textured vegetable protein (TVP), gelatin, canned soups and dried soup mixes, coconut toppings/flavorings/dried coconut, instant drink mixes, cookie mixes, non-organic loose bulk foods, diet foods, baby formula, packaged salads (incl. fruit salads, lettuce-based salads and coleslaw), and conventional and fast food restaurant foods (incl. dehydrated or pre-cut potatoes such as those used for French fries, hash browns, and other dishes containing potatoes, as well as various salad bar items. Note: While prohibited on fresh, raw produce sold in U.S. grocery stores, restaurants are another matter. Sulfite agents—frequently sulfur dioxide—can be</p>	<p>avoid such processed foods altogether.</p>
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	<p>present on restaurant and catered salad bar offerings, sandwich sauces and toppings, as well as any number of food ingredients that arrive to the restaurant kitchen either packaged and/or partially or fully prepared), potato chips/snack food, hard candy/caramel candy, foods and drinks with caramel coloring, pet food, and some medications.</p>	
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<p>TBHQ (Tertiary butylhydroquinone)</p>	<p>TBHQ is a petroleum-based chemical used as a preservative for vegetable oils and animal fats. It is commonly found in packaged breads and baked goods products, breakfast cereals, frozen waffles, toaster pastries, snack crackers, restaurant (regular and fast food) items, and baked goods in grocery store bakery sections, among others.</p>	<p>Adverse effects associated with this preservative include stomach/digestive problems, headaches, allergic reactions, ringing in ears, swelling of face, feet, hands, ADHD, weight gain, skin reactions/dermatitis, urticaria, angioedema, sleepiness, rhinitis, breathing difficulties, asthma, allergies, vasculitis, flushing, excessive sweating, vision/eye problems, joint pain. Some researchers have found that chronic exposure to this additive may induce carcinogenicity.</p>
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